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41. ~~(NEW) A method of preparing, transporting and dispensing food, the method comprising the steps of:~~

preparing the food for consumption at a first location;
apportioning the food onto a plurality of trays at the first location;
providing a maneuverable rack, lacking any heating and cooling means, with a predetermined stacking arrangement of particular dimensions, and stacking the plurality of trays, once apportioned with food, in the rack;
loading the rack, stacked with the plurality of trays, onto a refrigerated transport vehicle for transportation to a second remote location;
transferring the rack, at the second location, from the refrigerated transport vehicle to a moveable receptacle, and the moveable receptacle having a heating means and a cooling means, and the receptacle being configured to receive at least one rack;
relocating the moveable receptacle to a desired position;
activating the heating means and the cooling means to regenerate the apportioned food of the plurality of trays of the rack; and
dispensing the plurality of trays, containing the apportioned food, to consumers for consumption once the apportioned food is sufficiently regenerated.

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42. ~~(NEW) A method of preparing, transporting and dispensing food between a series of remote locations, the method comprising the steps of:~~

preparing the food for consumption at a first location;
apportioning the food onto a plurality of trays at the first location;
stacking the trays in a manually maneuverable rack providing only a predetermined stacking arrangement of particular dimensions and lacking any heating and cooling means;
loading the maneuverable rack onto a transfer vehicle for transportation to a second remote location;
transferring the maneuverable rack, at the second location, into a moveable receptacle having a heating means and a cooling means, and the receptacle being configured to receive at least one rack;
relocating the moveable receptacle to a desired position;
activating the heating means and the cooling means prior to dispensing of the food trays to consumers; and
dispensing the food trays to the consumers for consumption.

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~~43. (NEW) A method of preparing and transporting food for regeneration comprising the steps of:~~

~~apportioning food onto at least one tray;~~

~~loading at a first location at least one tray bearing the apportioned food onto a rack for receiving and supporting the at least one tray, the rack having no heating system and no cooling system;~~

~~loading the rack, containing the at least one tray, onto a transport vehicle for transportation to a remote location from the first location;~~

~~transporting the rack, containing the at least one tray bearing the apportioned food, in the transport vehicle to the remote location;~~

~~after the rack has been transported to the remote location in the transport vehicle, transferring the rack from the transport vehicle to a receptacle having a heating system and a cooling system, the receptacle being configured to receive at least one rack; and~~

~~activating a heating system and a cooling system to regenerate the apportioned food on the at least one tray on the rack that is positioned in the receptacle.~~

44. (NEW) A method of preparing and transporting food for regeneration comprising the steps of:

apportioning food onto at least one tray;

loading at a first location at least one tray bearing the apportioned food onto a rack for receiving and supporting the at least one tray, the rack having no heating system and no cooling system;

loading the rack, containing the at least one tray, onto a transport vehicle for transportation to a remote location from the first location;

transporting the rack, containing the at least one tray bearing the apportioned food, in the transport vehicle to the remote location;

after the rack has been transported to the remote location in the transport vehicle, transferring the rack from the transport vehicle to a receptacle, the receptacle being configured to receive at least one rack; and

activating a heating system and a cooling system to regenerate the apportioned food on the at least one tray on the rack that is positioned in the receptacle;

the heating system and the cooling system being demountably coupled to the receptacle.

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~~45. (NEW) A method of preparing and transporting food for regeneration comprising the steps of:~~

~~apportioning food onto at least one tray;~~

~~loading at a first location at least one tray bearing the apportioned food onto a rack for receiving and supporting the at least one tray, the rack having no heating system and no cooling system;~~

~~loading the rack, containing the at least one tray, onto a transport vehicle for transportation to a remote location from the first location;~~

~~transporting the rack, containing the at least one tray bearing the apportioned food, in the transport vehicle to the remote location;~~

~~after the rack has been transported to the remote location in the transport vehicle, transferring the rack from the transport vehicle to a receptacle, the receptacle being configured to receive at least one rack;~~

~~providing the receptacle with a heating system and a cooling system to regenerate the apportioned food on the at least one tray on the rack in the receptacle; and~~

~~activating at least one of the heating system and the cooling system to regenerate the apportioned food on the at least one tray on the rack that is positioned in the receptacle;~~

~~the heating system and the cooling system being located in the receptacle.~~

46. (NEW) A method of preparing and transporting food for regeneration comprising the steps of:

apportioning food onto at least one tray;


loading at a first location at least one tray bearing the apportioned food onto a rack for receiving and supporting the at least one tray, the rack having no heating system and no cooling system;

loading the rack, containing the at least one tray, onto a transport vehicle for transportation to a remote location from the first location;

transporting the rack, containing the at least one tray bearing the apportioned food, in the transport vehicle to the remote location;

after the rack has been transported to the remote location in the transport vehicle, transferring the rack from the transport vehicle to a receptacle, the receptacle being configured to receive at least one rack;

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 ~~providing the receptacle with a heating system and a cooling system to~~
regenerate the apportioned food on the at least one tray on the rack in the
receptacle; and

activating at least one of the heating system and the cooling system to
regenerate the apportioned food on the at least one tray on the rack that is
positioned in the receptacle;

the heating system and the cooling system being located in the
receptacle.
